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Julie Pike

University of Southern Maine

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THE FREE PRESS
OCT 15, 2018
VOL. 50 ISSUE NO. 5

USM students busking in Portland

By Jacob Forbes | pg. 9

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Cover Photo: Elliot Caron / Staff Photographer

Letter from The Editor

Julie Pike
Editor-in-Chief

As of recently I've been tasked with the difficult question of how I would describe the identity of *The Free Press*.

Every news publication has an identity, how they are perceived by their readers and also how they perceive themselves.

For some, this identity is reflected in their stance on political matters, whether they be mostly Conservative, Liberal, or somewhere in between.

It can also be seen in the types of stories that publication covers, whether they cover a certain region, local, or national news.

In 2016 Statista reported that there were 1,286 daily newspapers in the U.S., even more when you include weeklies, bi-weeklies, or monthly newspapers. In Maine, there are around 60 newspapers, all with a specific audience that they appeal to. There's the *Gorham Times*, a community newspaper for the town of Gorham and the *Portland Press Herald*, who covers not only the state of Maine, but also provides national and international news coverage for their audience.

For *The Free Press*, our coverage identity is simple. We cover the news of USM and its community. We work to

find stories that are directly related to our main audience. However, we certainly broaden our scope if there are statewide or national issues that have a direct effect to students, staff or faculty at USM.

Our identity can also be found in our mission statement:

"The University of Southern Maine *Free Press* is a community newspaper written and produced for an audience of students, staff and faculty, created by a team of USM students. We provide the news about our university and its community to our audience in a weekly print newspaper. We will justify our name by providing a public forum for free exchange of information and ideas within a university community of diverse viewpoints, goals and directions."

From this, I believe our identity can also be found in our values, what we strive to be in our reporting. We are student journalists, so we are far from perfect in our writing, but our ultimate goal is to produce unbiased and factual work. We want our community to have any important information about their university made available to them.

One section of our paper in which we can reflect our identity, is perspectives. In this section we are able to showcase a varying amount of ideas and opinions. This section can reflect not only

the views of our staff, but the views of our community, with letters to the editor or guest editorials. We believe that our community deserve a place to have their voices heard.

While *The Free Press* has an identity in a clear and basic sense, in how we are a student run newspaper that provides news for USM, we also have an identity that I want to strive for.

I want our publication to be known to cover a wide variety of topics and discussions, all in a well research and well reported manner. This includes unbiased and factual reporting. I want this paper to be known for having high standards of work. Most importantly, I want *The Free Press* to be an integral part of the school, and have a community that is more involved with their campus newspaper.

Everything that I just mentioned may be difficult to achieve, but in my last year at USM, I will work to follow those standards, to achieve the identity I want our paper to have. While an editor's time at *The Free Press* is always temporary, I hope nonetheless to create a lasting impression and change.

Julie Pike

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Possible changes to sexual misconduct procedures

Department of Education soon to release new regulations for schools

Julie Pike
Editor-in-Chief

Working under interim guidance from the Department of Education, university Title IX coordinators are waiting to hear how new regulations are going to change procedures for schools in handling sexual assault or harassment reports.

Last September, the Department of Education put forth an interim guidance document, overturning two documents from 2011 and 2014 which “reminded institutions that Title IX also applied to sexual harassment and sexual assault,” said Sarah Holmes, Assistant Dean of Students and Deputy Title IX Coordinator at USM.

Following that, Education Secretary Betsy DeVos announced that the Department of Education would be creating new regulations and policies for sexual misconduct.

“What they said was that those documents were an overreach,” Holmes said, “that the Department of Education did too much.” Holmes said that Secretary DeVos came out and said that the whole system was failing everyone, failing survivors and failing institutions of education.

“I don’t necessarily agree with because I think that the 2011 and 2014 documents did a lot to center survivors into the equation and did a lot to bring a trauma informed approach in,” Holmes said.

The proposed regulations were set to be completed last April, Holmes said, and then got pushed back to late September. However, they still have not been released.

The New York Times obtained a draft of

these proposed rules in early September, showcasing future changes that may come.

Holmes said that while the changes wouldn’t go into effect until mid 2019 or into 2020, there is already speculation in terms of how things may change for sexual assault reporting on college campuses.

First, Holmes said, is that the regulations seem to narrow the definition of sexual assault and sexual harassment.

“It sounds like the impetus behind this is to limit the number of investigations that there are,” Holmes said. “That means, both investigations on the campus level, and also so that the department of civil rights

Another possible change that concerns Holmes is that the university would only be held responsible for investigating formal complaints.

“My job is to help and support students who want to move forward, file a complaint and need some form of justice... but these new regulations are saying that if we don’t have a formal complaint we don’t have to investigate anything,” said Holmes. “I can’t compel a victim to be involved in an investigation, it’s beyond my scope, it’s also not fair.”

Holmes speculated that the changes might also mean that the university is not

made on the Portland or Lewiston/Auburn campus.

While these proposed changes are still uncertain, the interim guidance document from last year changed two things for the University of Maine System, said Holmes, including allowing no fixed timeline and informal resolutions.

Under the previous administration, institutions had to investigate any reports of sexual assault or harassment within 60 to 90 days. Now with the new guidance, schools have no fixed date to complete investigations by.

Allowing informal resolutions in sexual assault cases, Holmes said, gives survivors the opportunity to not go through a formal process.

“It provides us with a little bit of flexibility for survivors that want some level of justice but aren’t in a place to go through a full process,” Holmes said.

For now, university administrators, Holmes included, are waiting to see the new regulations put forth by the Department of Education.

Once those are released there will be a 60 day comment period, where anyone can submit comments or opinions, and the department is required to review all feedback. After that period, the Office of Civil Rights will take three to 12 months to publish the final regulations, and colleges and universities will have to adjust their policies to align with any new regulations.

“My job is to help and support students who want to move forward, file a complaint and need some form of justice... but these new regulations are saying that if we don’t have a formal complaint we don’t have to investigate anything.

- Sarah Holmes

Assistant Dean of Students and Deputy Title IX Coordinator

and education won’t have as many complaints to investigate themselves.”

The New York Times also reported that the Department of Education estimated that the changes would save \$327.7 to 408.9 million over the next decade.

“If the purpose is to prevent sexual assault, and to address it when it happens,” Holmes said, “why are we talking about saving money when the financial cost of sexual violence is so high?”

responsible for investigating incidents that occur off campus.

USM Public Safety recently released the Annual Security and Fire Safety Report from 2015-2017. In this report it states that seven reports of sexual assault were made in 2017 on the Gorham campus, including residential halls. However, Holmes said that she spoke with close to 35 students who experienced some form of sexual violence that year. There were no reports

FP

Senior citizens pursue their love of learning

Volunteers at OLLI provide low cost education to those 50 and over

Melissa Fraser
Staff Writer

Students of the Osher Lifelong Learning Institute (OLLI) at USM may sit in class each week, but they’re not doing homework, studying for tests, or working toward a degree. Students attend the OLLI simply due to their innate desire and love of learning.

What began 20 years ago as a simple vision to provide a stimulating program for older learners, has evolved into a commu-

nity with over 2,000 active members. The OLLI, located in the Wishcamper Center on the Portland campus, is one of 17 senior colleges throughout the state of Maine. OLLI enrollment numbers continue to increase as Maine’s senior population grows.

The Assistant Director of OLLI, Susan Morrow, states that Maine has the oldest-aged population in the country. “Portland is filled with healthy, active, intelligent people over the age of 50...for us, OLLI is the right program at the right time,” said Morrow.

In order to make learning accessible to

people of all ages and capacities, there are no academic requirements to become a student or a teacher at OLLI. An annual membership fee of \$25 grants students access to courses, workshops, national and international trips and special interest groups.

There are a variety of course subjects for students to choose from each semester, ranging from music and science to art and history. Each course is peer taught and has an enrollment fee of \$50 with scholarship options available. The only qualifications that instructors must have is passion in their subject matter.

After moving to Maine from Massachusetts, Paul Doherty, a retiree from active ministry 12 years ago, began volunteering and heard about OLLI through his work with the Retired and Senior Volunteer Program.

Doherty spent his early years teaching music, then fell into broadcasting and later was ordained a priest. Today, Doherty is not only a student at OLLI, but a teacher and an advisory board member. With the options to teach everything from music to

See **LEARNING** on page 5



Dionne Smith / Photography Director

Classrooms at the Osher Lifelong Learning Institute are filled with seniors over the age of 50 with a desire to continue their education, and are run by a majority of volunteers.

From **LEARNING** on page 4
spirituality, he finds joy and gratitude in integrating all parts of his life to his course offerings.

If students interests are not piqued by the instructor or the course content, then they are not obligated to continue to attend that course. The enrollment minimum is 12

one compact place makes it a very special concept,” states Matt Goldfarb, a retired Maine lawyer.

Goldfarb enrolled at the OLLI as a student six years ago. Shortly after participating in courses he began teaching. Goldfarb is currently an active member of the advisory board.

“We all bought into this idea that each of us contributes what we can, particularly those in leadership. We do it for the joy of the associations and learning.”

- Matt Goldfarb

Teacher and Advisory Board Member for OLLI

people per course and the maximum varies based on the size of the room and the teacher’s preferences.

Anne Cass, a retired school administrator, states that the OLLI community is extraordinarily genial and welcoming: “It’s not just on the campus: there are special interest groups, workshops. The variety that they have created is pretty impressive.”

A student, teacher and volunteer at OLLI, Cass has also found a group of friends that share common interests through The Bridge Club. Meeting off campus weekly, members come together to play a game that they love and socialize.

“The fact that so many senior citizens have intellectual and social outlets all in

“We all bought into this idea that each of us contributes what we can, particularly those in leadership. We do it for the joy of the associations and learning,” Goldfarb explains.

With the exception of four paid staff members, the OLLI operates entirely on volunteers. The advisory board members, office support, committees and instructors are there on a volunteer basis.

For many, OLLI offers more than a learning environment, it provides a community. It allows people to feel at home and part of a family, as Doherty describes. Regardless of status, capacity or ability; everyone is welcome.

FP

Portland ranked best college town in Maine

Reviews.org picks best locations in the U.S. for students

Nicholas Schleh
Staff Writer

Portland has been ranked the best college town in the state of Maine by Reviews.org. With its natural splendor, a bustling port, Portland has risen to the top of the 20 college and university towns within the state.

Using data from the United States Census Bureau and Bureau of Labor Statistics, Reviews.org found the most accessible and best suited towns for college students

looking to escape the commotion of a big city. Every town on their list has fewer than 250,000 thousand residents. Reviews.org’s analysis included student population, rental costs, college education rates, transportation access, bar availability, and unemployment rates for people between the ages of 20-24.

USM is also ranked the best college in Maine by Niche.com. Niche’s reviews discuss the friendly community that Portland

See **PORTLAND** on page 6



Photo courtesy of Reviews.org

Reviews.org picked the best college town in every state based on student population, rental costs, college education rates transportation access, bar availability and unemployment rates for those between the ages of 20 to 24 years old.

From **PORTLAND** on page 5 has to offer and the affordability of USM.

With the new METRO system students can get around the city affordably, conveniently and in an environmentally conscious manner. The Husky Line also caters to students residing in Gorham but needing to get to class on the Portland campus or to simply enjoy time in the city. For the residents that enjoy two wheels and no engine, bike lanes are present on most roads that service major neighborhoods.

Portland is home to a variety of bars, clubs, and restaurants to provide students with entertainment outside of the university.

Bon Appetit named Portland the 2018 restaurant city of the year in early August.

With the staggering number of restaurants per-capita and the ability to get everything from pho to matzo ball soup, and of course, lobster – it's no surprise Portland is ranked so highly amongst foodies.

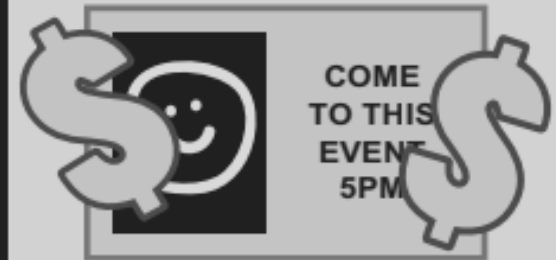
It's a city for beer lovers as well, always ranking high in lists for the cities with the best craft brew culture. Portland is home to breweries like Allagash, Bissell Brothers, and the increasingly popular Shipyard, with new ones popping up all over the city.

Reviews.org also has Portland ranked as the best town in Maine for college education rates. Portland fosters a community of people who love to learn, with the beautiful Maine Law building towering over Deering Ave.

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Free tuition part four: middle-class students

Families struggling to afford higher education in America

Valerie Kazarian
Staff Writer

Offering tuition benefits has reached many over the years and until recently the middle class could afford it, too, without assistance. But over the years, particularly since the recession in the early 2000's, college affordability has become problematic for the middle class. Borrowing is often seen as a necessary part of paying for college. Even for those who qualify for financial aid, a student loan often is needed to cover all expenses. For the middle class student who doesn't qualify for financial aid, however, student loans make up a major portion of the funds needed to get through school.

The loan debt taken on by students, on average, is \$28,400 and takes on average 21 years to pay back.

To some, college tuition is simply an expense that can be paid for without difficulty. These are the people who can afford to pay tuition without financial support from their

academic institution. Others would not be able to obtain a college-level education without the support of a financial aid package offered by the institution. Often these are the students who are eligible for financial aid including federal and state grants, work-study and special offers from the institution. For others, affordability means taking out student loans. These are the middle class students whose families are above the income guidelines for financial aid but still need to find a way to pay for school.

Before World War II, a college education was the privilege of a small slice of American society. Most colleges were found in small towns and were considered elite and the students were white, Protestant men. The average person had an elementary or secondary school education and only rarely did someone graduate from high school.

The GI Bill, however, all that changed. With concerns about a large influx of unemployed soldiers back into the country, Congress passed the Servicemen's Readjustment Act of 1944 which offered free tuition, books and fees to U. S. servicemen and women. By 1947, nearly fifty percent of the national college population was veterans and college education had become a right of the middle class simply by being a military benefit for so many.

The expectation of a college education continued to grow over the next several decades so that by the 1960's, the fact that some people were not being afforded the same opportunities became blatantly obvious. President Johnson sought to level the playing field with the

Higher Education Act of 1965 as part of his War on Poverty "to strengthen the educational resources of our colleges and universities and to provide financial assistance for students in postsecondary and higher education."

The 1965 act established financial aid, work study, and low-interest loans to those who otherwise would not have been able to afford a college degree. "(This law) means that a high school senior anywhere in this great land of our," President Johnson said in his remarks upon signing the Act, "can apply to any college or any university in any of the fifty states and not be turned away because his family is poor." It showed a commitment to the idea that a college education was to be available to everyone, not just the wealthy.

The recession of the early 2000's reduced the amount of money coming from the federal and state governments so colleges and universities had to make choices about how those reduced dollars were to be spent. As funds were reduced, it was the student who was looked to as the substitute funding source. Federal education funding is focused on two areas. One is research and the other is direct student aid. States, on the other hand, focus on funding specific college campuses. Both sources were reduced during the recession.

While federal funding levels have rebounded as the economy has improved, state funding levels have not. This has created a shift toward those financial aid programs developed since World War II to help those who could not otherwise attend college meaning that the shift has been to those at the lower income lev-

els who qualify for the financial aid.

Middle-class students, however, who do not qualify for financial aid can find themselves unqualified for financial aid but unable to pay for college – so they borrow student loans. The recession impacted the middle-class families in ways that are not reflected in the Free Application for Federal Student Aid, the complex formula used by the federal government to determine eligibility for student aid including loans and work study support, so their circumstances are not considered in the process. Because they are not low income or in a specific category that receives funding, like veterans or seniors, the middle class student are amassing the vast student loan debts that are the subject of today's political debate.

The loan debt taken on by the student is, on average, is \$28,400 and takes on average 21 years to pay back. While students of all income levels take out student loans, it is the middle-class student that is most likely to need the loan. Women hold two-thirds of the total debt from student loans and because they earn on average twenty-six percent less than their male counterparts, it takes them longer to pay the loans back.

The Higher Education Act is being revised by Congress even now which would in some ways affect the education of people in all income levels. Elections can change policies that affect the flow of state funds to colleges and universities which also impacts how dollars are spent.

FP

Office of Sustainability launches online swap

Virtual forum board to swap or share items no longer needed

Liz Trudel
News Editor

USM's Waste Minimization Policy, which was enacted by the President's Council on Climate Neutrality on Nov. 13, 2012, states that USM is committed to reducing waste and increasing efficiency in all aspects of campus operation.

In order to help achieve the goals outlined in this policy, USM's Office of Sustainability recently launched an "Online Swap" community to be utilized by campus departments.

The "Online Swap" is a virtual forum board that can be found in the USM Portal. Department members can upload items to the board that they no longer have use for. They can also seek items that they need.

This new program, which was implemented by the IT Department, serves as USM's primary mechanism for repurposing items that still hold value between different departments across USM campuses.

The goal of the program is to help USM reduce waste, while helping University departments and students save money.

The university-owned items that are swapped for university use are referred to by the updated Policy on University of Southern Maine Surplus & Moving Item, as "surplus items."

The updated policy states that small items that fail to find a new home in the "Online Swap" community will be placed on Free Shelves that are located in Bailey, Woodbury, and Glickman. The items on these shelves are free for students, staff and faculty to take for personal use. Some examples of free items that may be available for grabs are small items such as school supplies, computer monitors, and keyboards.

The Policy on University of Southern Maine Surplus & Moving Items defines "surplus" as, "items that departments want to dispose of that are still usable and that were purchased with university funds or grants." Items that are purchased with USM monies are USM prop-

erty, and therefore, the disposal of these items is subject to the policy and departments must abide by the "surplus item hierarchy."

The "surplus hierarchy" begins with items that fall under the "keep" category. It continues in descending order with the categories: "swap/sell," "donate," "scrap" and "trash."

"Keep" is the highest level of the "surplus hierarchy." At this level, department members are advised to keep and to utilize the items that they have as long as those items are still functional.

The second level on the "surplus hierarchy" is the "swap" level. If departments have items that they no longer utilize, they fall into this category. "Swap" items should be uploaded into the newly implemented portal so that the items can be repurposed in a different department on campus where they are needed.

The third category is "sell/donate." At this level, departments should send out or post the unwanted/unneeded items for sale or should donate the items to private parties.

The final level of the hierarchy is "scrap."

At the "scrap" level, departments should sell the items for scrap value. This should be the final resort and should only be done if the item is no longer functional.

The goals of the Waste Minimization implementation, as stated in the policy, are "to reduce overall waste across all three campuses: Portland, Gorham and Lewiston, to increase the amount and quality of single stream recyclables collected on all three campuses, to discover new opportunities for waste reduction including environmentally preferred purchasing and to develop innovative handling methods and new outlets for materials."

According to USM's Waste Minimization Goals, USM's Campus Sustainability Strategic Plan has set goals to increase waste diversion to 70 percent by 2020, as well as to improve efficiency of waste operations and reduce total waste creation across all three campuses by 25 percent by 2025.

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Fall and Halloween festivities coming up

Events around Southern Maine to enjoy the season and holiday

Liz Trudel
News Editor

From corn mazes, costume parties, haunted houses, apple picking, pumpkin picking and more, there are a multitude of different ways to celebrate Fall in Southern Maine.

Halloween on Main Street

Main St., Westbrook

October 26, 4:30 - 6 p.m.

Mainstreet of Westbrook will host activities including trick-or-treating, live entertainment, a costume contest, and a costume parade. The event will be held by Westbrook/Gorham Community Chamber of Commerce.

Trick or Trunk

Life Church

8 Elkins Rd. Gorham

October 31, 6 - 7 p.m.

This free event will include food, candy, and hayrides.

Camp Sunshine Pumpkin Festival

October 20, 12 - 8 p.m.

LL Bean

95 Main St., Freeport

This free event includes lighting approximately 10,000 Jack-o-lanterns around freeport. There will be live music, seasonal treats, and a costume parade. The festival will benefit

Camp Sunshine, a retreat located in Sebago for children with life-threatening illnesses.

Haunted Walk: Trail of Terror

October 19-31, 5:30 p.m.

Aquaboggan Water Park

980 Portland Rd., Saco

The event includes a 25 minute walk through the water park. It is \$17 per person.

Haunted Walk in the Woods

October 25- 27

123 Payne Rd., Scarborough

This haunted walk lasts approximately 15-20 minutes. The event will have cider, hot cocoa, donuts, and whoopie pies. Tickets are \$8 for one or \$20 for four.

Pumpkin Valley Farm

1000 Union Falls Road, Dayton

The farm offers a multitude of activities including a corn maze, farm animals, a giant jumping pillow, corn launchers, cow train rides, and hayrides. It also offers homemade kettle corn. Admission is \$10 per person and includes all activities.

The Great Pumpkin Ball

October 27 @ 7 p.m. - October 28 @ 1 a.m.

609 Congress St., Portland

Equality Maine will host the dance at the State Theatre. It will be hosted by Blake



Berkeley Elias / Lead Photographer

For students eager to get out of their dorms and enjoy the autumn season, Southern Maine offers plenty of events to celebrate the season and upcoming holiday.

Hayes from Coast 93.1 and Shane Diamond, a community activist. This will feature DJ Steve Sidewalk and DJ Kate. There will be special local drag and cabaret performances. The event will facilitate a costume contest with over \$1000 in prizes. It will also be ASL interpreted. Tickets are \$15 in advance through Oct. 26, or \$20 at the door.

Pitte Posse Halloween Masquerade Ball

October 19, 7:30 p.m.

29 School St., Gorham

Spire 29 will host a "Pitte Posse Halloween Masquerade Ball." All proceeds will benefit Pitte Posse, a local canine rescue and sanctuary. Tickets are \$12 for one, or \$20 for two.

FP

Random Snacks of Kindness

Alyson Peabody
Staff Writer

"Random snacks of kindness" have been passed out to USM students over the past few weeks. This is part of an effort by the Service-Learning & Volunteering office to spread kindness on campus.

The Service-Learning and Volunteer office at USM received its official title in the fall of the 2017-2018 school year after they separated from Community Engagement and Career Development. To re-establish themselves under their new title, they launched a promotion called "Random Snacks of Kindness."

The idea started with Sarah Chang, a member of the Service Learning and Volunteer program at USM, a STEM Partnership coordinator and an active member of AmeriCorps VISTA. Chang drew inspiration for Random



Photo courtesy of USM Service-Learning and Volunteering

Snacks of Kindness from an arts incubator called Artworks in Cincinnati. Artworks charged \$10 per snack, and 100 percent of the proceeds were donated to local non-profit organizations that focused on the arts.

This inspired Chang, and she brought the idea to the Service-Learning and Volunteering office at USM. She felt that a subtle and more personalized message would have a lasting impact at USM rather than a single-day event.

Knowing that exam weeks can be particu-

larly stressful for students, the department began offering snacks, from cheese crackers to granola bars, to give students an extra boost of motivation.

Their goal was to get their name out there and spread a little kindness, but it has grown into something larger. The program was so well received by the USM community during the 2017-2018 academic year that Random Snacks of Kindness is back for the 2018-2019 academic year.

Last year, the office distributed over 600 snacks. This year they have increased their efforts to more than 750 in total. Some professors have even allowed members of the Service Learning and Volunteering office to speak for five minutes at the beginning of a class about the intention of the snacks before everyone in the class receives something to munch on.

Chang said that they try to be spontaneous about the distribution of the snacks to stay true to the name, but that students can always stop by the Service-Learning and Volunteering office at 004 Payson-Smith Hall on the Portland campus. Their hours are Monday through Friday from 8:30 a.m. to 4:30 p.m..

Students can enter the office space to share a snack and have a discussion about service-learning and volunteer opportunities. Chang hopes that students see the program as what it is, a random act of kindness and that they are inspired to share that with others.

"We do see more and more small acts of kindness emerging out of students, staff and faculty," said Chang. "We're happy to be a part of it in our unique way."

FP

Arts & Culture

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Eulogy for the Dyke Bar/ 11

Music freshman go busking in Portland

New students take to the streets for practice, income and fun

Jacob Forbes
Staff Writer

Matt Wiltshire, Ed Mitchell, and Josh Hyssong all arrived at USM’s School of Music in September for their first semester as music education majors. Like any other freshman, they were soon enmeshed in the adjustment to a new lifestyle. But Mitchell quickly realized that he could continue something in college that he had been doing as a high school student for years: busk on the streets of Portland.

Busking is just a more efficient term for street performing. It can range from the most professionally executed acts to mere background noise. For the music students at USM, it is nothing too organized or idealized. Think impromptu. With the question, “Hey you guys want to go play in the streets?” Mitchell, a trumpet player from Poland Maine, not only piqued the interest of his friends, but conveyed the informal modus operandi that was to characterize their musical gatherings this fall. As Wiltshire, a gregarious and easy-going young man put it, they all “just kind of sent it out. And that was the way it was with everybody. We just kind of went out [and] saw what would happen.” The three of them have been performing as a group and with other USM musicians on occasions of the First Friday Art Walk, cruise ship ports and just “any day that nobody [of the musicians] has anything” going on.

Wiltshire is a percussionist from Morrisville, Vermont. He came to USM with his high school music teacher, a School of Music alum, acting as a guide. He said in an interview that he “liked what Nick [Allen, class of 2014] said about the program” and decided to apply and audition. Unlike Mitchell, Wiltshire had never done any actual busking with a group before this fall. He said that “a few weeks before college I came up to Old Orchard Beach and did some stick tricks on the side of the road...but now that I’m here I’ve got people I can jam with.”

On campus, Hyssong, Wiltshire and Mitchell “might have played for like an hour together” but soon decided to go out to play in Portland. “It’s very easy,” Mitchell said in an interview. Mitchell is the most driven to gig in Portland and admitted that he already has formed a quintet for playing in local clubs, but Hyssong and Wiltshire also have their own projects and influences. Hyssong is from South Portland, Maine and plays the saxophones. When asked about an artist who he has in mind while he busks, he named Leo P, a NYC-based street performer whose YouTube videos show “a guy playing a bari sax in the subway and dancing around.” It is an apt connection since both Leo P and Josh have to be the low-melodic anchor in bands without a bass player.

With just a trumpet, saxophone and percussion the trio plays adventuresome and improvisatory music. Hyssong describes it as “freelancefree-lance, ad-lib kind



Dionne Smith / Director of Photography

Josh Hyssong (left) and Ed Mitchell (Right) perform in the streets of Portland quite frequently. Hyssong, Mitchell and Wiltshire are all freshmen who have been going into Portland to make a few dollars doing something they love. The Portland area is known for having its street performers and artists of various types each night. For this group, it holds the potential of some great

of playing” while Wiltshire talks about the “free-styling” and “building off of each other” that happens during a song with “a lot of soloing.” The open nature of the music mirrors the fluid formation of the busking groups. Wiltshire goes out regularly in a duo with a singer in the USM school of Music named Jillian Buote, and Mitchell recently brought out eight musicians to busk on the streets. As long as somebody has interest in going out and busking, these musicians at USM seem to make any combination of instruments work for the evening.

The busking has also turned out to be the little money maker they were hoping for. They said it was a “combination of wanting to try and make a few bucks as well as just playing to have fun” that first made them want to busk and that it is “good to go out and do something you like...make some money.” Wiltshire apparently spends his money the same evening on dinner, but Mitchell has been keeping all of his earnings in a jar, saving for some larger goal.

They have been earning positive reactions from the public as well. The three say that “some people do actually come up and say that they really enjoy what we are doing” and tell them that their busking “makes Portland Portland.” In addition to a few “characters”, they also met another Portland street performer, Chris James, who “stayed and jammed with [them] after talking to [them].”

With winter coming, nothing seems to be deterring their drive to keep performing and enlivening Portland’s public spaces. They want to contact local galleries to play in or will just “figure it out and keep our hands warm somehow.” Besides, they “get to go out, not work, make money, and then go eat for free. You can’t really complain about that.” You really can’t. Let’s hope to see them continue as a boon for the USM’s School of Music and for all of us in Southern Maine that just might walk by and enjoy one of their performances.

Daniel Minter's "OTHERED, Displaced from Malaga"

USM artist in residence showcases a small island in Maine

Ben Theriault
Staff Writer

Starting on October 4 and lasting until December 9, the USM art gallery on the Gorham campus will be showcasing an exhibit from artist in residence, Daniel Minter. The exhibit is a beautiful hybrid of history and art, melding perfectly together to create a powerful retelling of Maine's Malaga Island community.

Admittance is free to the gallery and can be accessed on Wednesdays and Thursdays from 12 p.m. to 6 p.m. and Fridays and Saturdays from 12 p.m. to 4 p.m. While the gallery holds his work, students have a unique opportunity to talk with Minter during studio drop-in hours, Wednesdays from 12:30 p.m. to 4:30 p.m. in the Artist-in-Residence Studio in the Academy Building.



Berkeley Elias / Lead Photographer

Daniel Minter, a USM artist in residence, sitting next to his work that showcases the community of Malaga Island, off of Phippsburg, Maine, in Casco Bay.

His display tells the seldomly told story of the residences at Maine's Malaga Island, a post-Civil War interracial community. The Island in the Casco Bay, off the coast of Phippsburg and Harpswell, was home to 42 people. The community was self-sufficient as a fishing village and had amenities like a school.

Malaga Island went unnoticed until an article was published about the colony in the 1890s, which condemned the inhabitants

as inferior and degenerative. This mindset was strongly supported by a history of racism, along with the growing popularity of race pseudo-science and eugenics.

The community was deemed a disgrace by the state of Maine. To protect the state's reputation, governor Fredrick W. Plaisted decided to evict all of the residences in 1912. The community was given the option to either flee and take their houses with them or to stay and be kidnapped with all of their possessions burned.

When officials arrived at the island weeks after the notice, everyone and their houses were gone—it is believed that they floated away with their houses. Some of the residences died during the cruel diaspora while others were abducted and placed into the Maine School for the Feeble-Minded. To ensure no one returned, the state even dug up graves and relocated corpses.

Minter's exhibit consists of acrylic canvas paintings, artifacts, historical information and maps. He says he took inspiration directly from the people that lived there. The people he depicts are proud and dressed in extravagant garb adorned with beautiful buttons. He was directly inspired by descendants who lived there named Kristina and Nyanen, as well as the Trip family.

Minter stated that he first learned about the subject in Gerald Talbot's book *Maine's*

Visible Black History: The First Chronicle of Its People. He uses intense imagery to create a distinct unification of beauty and tragedy. He seeks to display direct correlations between the past and modernity by applying broad concepts to specialized subjects.

In his pieces Method 1 and Method 2, he stacks imagery to produce a powerful and grim portrait of slavery, eugenics and discrimination. Both paintings display the front of a ship, almost as if it is traveling directly towards the viewer. Below the ship is a caliper around a woman's head, which represented the way intelligence was measured in the past and its relationship to eugenics. Above the boat are mountains which could signify traveling from Africa, leaving Malaga Island, or a broader concept of leaving any foreign land. This tells the direct story of Malaga Island while also addressing slavery.

When I asked Minter about the piece's significance he explained to me that the piece also depicts contemporary society—The United States is always trying to divide

immigrants and distinguish those worthy and unworthy. Therefore the "methods" of the past are still extremely prevalent in our society.

These pieces were paired with artifacts provided by Nathan Hamilton and Rob Sanford during their 2006-2007 summer excavations of Malaga Island. These artifacts included nails, shells, bone buttons, fishing tools, pipes and flasks. Old pictures of unidentified children, buildings and families were displayed alongside the artifacts.

The juxtaposition of the historical, scientific and artistic interpretations of the events that transpired on Malaga Island allowed for a unique and powerful retelling. Through these lenses, the viewer gets a well rounded understanding of the story comprised of emotion and logic. Overall, the exhibit offers a thought-provoking meditation on Maine's history and the importance of rehumanizing experiences of the past.

FP

TARTUFFE

BY MOLIÈRE

TRANSLATED BY RICHARD WILBUR

DIRECTED BY CARY LIBKIN

Friday, October 19 to Sunday, October 28
Main Stage, Russell Hall, Gorham campus

Tickets: (207) 780-5151 or visit usm.maine.edu/theatre

UNIVERSITY OF SOUTHERN MAINE
Department of Theatre



Jennifer Liao and Asher Havlin pose under the neon title of "Eulogy for the Dyke Bar" exhibit that is currently on display in the Woodbury Campus Center on the Portland campus.

Photo courtesy of Asher Havlin

A eulogy for the fading culture of dyke bars

Showcasing an important part of LGBTQ+ history and community

Zoe Bernardi
Staff Writer

Dyke bars are dying. The closing of dyke and gay bars across the United States is rapidly picking up, and with that, the history and communities built around these particular bars are feeling the effects. Many people are probably thinking, how can this be? With such an importance on dyke bars, how are they dying? Two words: culture and economics.

Culturally more and more places are changing and becoming more accepting to the LGBTQ+ community and people within it. It is also more acceptable to go to any bar, not just a designated gay bar, as gentrification is increasing. Plus with the internet, connecting with people has never been easier to be a part of not only one community but many. In this day and age, it is just as easy to meet people in the comfort of your own home as it is to get ready and go to a bar.

According to slate.com, the economic aspect of why dyke bars are closing is due to the fact that women are making less than men. With less money being circulated through the female community in an area, going out to buy a drink or even for the owners to keep the lights on is becoming more and more difficult.

However, there are people who care about the history and importance of this issue, for example film director and professor of women and gender studies and sociology, Wendy Chapkis, and installation artist Macon Reed, who are independently trying to save and more importantly show the emphasis of why dyke bars are important.

Chapkis created a film titled Bar Stories that shows real people talking about real events about dyke bars. While Reed, an installation artist, created the art piece "Eulogy for the Dyke Bar," which is currently being featured at the Woodbury Campus Center on the Portland campus.

Late September at the Portland Art Museum, Chapkis held an event that featured the film Bar Stories, which was made with local Maine filmmaker, Betsy Carson and, as well as USM students Alanna Larrivee, Emma Wynne Hill and Johnna Ossie. The film was about local LGBTQ+ people and their personal interactions and thoughts on dyke bars and the community that they build.

One thing that Chapkis was trying to get across in the film was about the gay community of Portland and their personal stories about gay bars and the importance of keeping them around.

The film was a compilation of one person's interviews and their bar stories, each person talked about either good, bad or

first experiences with dyke or gay bars. It was one constant stream of people talking about the bars in Portland, New York and even California. People talked about the fun times with humorous stories or sad events that happened.

Bar Stories, although a simple film of multiple conversations based on one question, held much more substance and was educational, in that it was showing how strong the LGBTQ+ community is within Portland and Maine as a state. It showcased how without the dyke and gay bars, people might not be able to truly feel comfortable with themselves, even when it might be accepted in that certain town or bar.

Gay bars allowed many people to truly express their sexuality and be free and not have to worry about being different. Many people stated that they felt a part of something while at the bars.

Reed is currently working on creating artwork to show the importance and bring attention to the fact that dyke bars are closing.

Reed's installation art work is of a bar surrounded by pink, green and blue bottles,



Elliot Caron / Staff Photographer

a pool table, a jukebox and a 1970's theme wood-paneled wall. Upon the walls there are many frames that have pictures from the inside of dyke bars, letters from owners to their customers explaining why they are closing, as well as letters from the customers and regulars of the bar expression their own person feelings.

Reed will also be hosting a reception and storytelling about the piece later this semester. As well as her own thoughts on dyke bars and why they are important to her. This event will be held on Thursday, Nov. 15, from 5 p.m. to 7 p.m.

MOVIE TALK

A twist on horror cliches

Goddard dissects and revamps old plots

Cody Curtis
Staff Writer

Two weeks ago, when writing about *The Babadook*, I said that the horror genre was a difficult subject to watch and talk about. You have probably noticed there are not many good horror films out there. Why are there so many bad horror films you may ask? Because, not only are they very inexpensive to produce, but there are many cliches and pitfalls filmmakers will use. Luckily director Drew Goddard crafted the film *Cabin in the Woods* (2012) to not only be a great film which celebrates the horror genre, but also a movie that reveals and deconstructs everything wrong with it.

Five college students: Dana (Kristen Connolly), Curt (Chris Hemsworth), Jules (Anna Hutchison), Marty (Fran Krantz) and Holden (Jesse Williams) Decide to take a vacation to a remote cabin the middle of a deserted forest. Once they arrive, these five young adults begin to indulge in booze, along with each other. At the same time, they don't realize the malicious events that are about to unfold and that there are men behind the curtain pulling the strings.

Goddard started his career as a director with *Cabin in the Woods* and it landed with a huge bang. A film based around a group of college students getting massacred in a cabin is not a unique premise and one, which has been used time and time again. *The Evil Dead* (1981) some would consider to be the inspiration for this particular terrifying adventure.

Some of the cliches found in slasher/horror films include: Booze, raging hormones and very unintelligent decisions made by people in their 20's. Not only does Goddard handle this material with a knowledgeable eye, but dissects it and exploits it to the best of his directing ability. A few of the unique devices in the film may include: pheromone spray to get the young adults blood flowing and their attitudes turning hypersexual (there always has to be the sex scene.) Better yet, *Cabin in the Woods* may include a dry-erase board filled with every evil creature found in this genre. Here a mixture of old and new terror comes together to create something incredibly special.

Unlike many other films of this kind, *Cabin in the Woods* sets itself apart. Not just in execution, but tone as well. Instead of the film being polluted with simple jump scares, tension and gore. Drew Goddard's masterwork is a hilarious dark comedy.

Every line delivered to ease the tension of a specific scene, works stupendously. This makes *Cabin in the Woods* not just a movie made for horror fans, but an experience to be shared by everyone. Have you ever seen a horror film, where the individual who may be the most intelligent one in the group is also the person who is smoking weed most of the time? It is certainly something new and is used very well. This is when the film shows it's pure comedic genius.

Goddard is not the only person to praise however. Joss Whedon, a fellow contributor to the screenplay, is one of the unsung heroes. A movie can only be as good as the script pro-



Photo courtesy of IMDB

vided and luckily Goddard and Whedon came together to produce a screenplay that is quick witted and dark. This a great film satire about the suspense/horror genre.

Whedon, who previously worked on screenplays for the hit show *Firefly* and Marvel's *The Avengers* is no stranger to creating something a little bizarre and fairly amusing. However *Cabin in the Woods* may just be his best writing to date.

One of the biggest elements a story has to accomplish, is making sure all the characters feel fleshed out. Once again, this is accomplished in an extraordinary manor, through the use of small talk between individuals in the film. Whenever two or more people in the film were in a room together, it felt as though the dialogue was grounded in reality. How characters spoke was very similar to the kinds of things coworkers and colleagues would say to each other, in a business or casual conversation.

From laughter to chilling imagery, *Cabin in the Woods* is a triumph on every aspect. As far as this writer is aware there is no other film in this genre that will celebrate the terror, while at the same time dispatch it as inconceivable and ridiculous. If there is something both *The Babadook* and this film have taught, it's that a horror movie with a heart are the best kind. So sit back and let the story unfold, as you the audience member discover what it's like to be terrified, laughing and self-reflecting all at once.



A&C Listings

Monday, October 15

Halloween Party at Primary!
Flask Lounge
117 Spring 2t, Portland
Start: 8:00 p.m. / Ends: 1 p.m.

Tuesday, October 16

Brewery Head To Head Arcadia Tourney
Arcadia National Bar
24 Preble St, Portland
Starts: 7:00 p.m. / 9:00 p.m.

Wednesday, October 17

Hot 104.7 #HOTSHOW starring Sean Paul
Aura
121 Center St, Portland
Starts: 9:00 p.m.

Thursday, October 18

Weakened Friends Special Acoustic Performance
Bull Moose
458 Payne Rd, Scarborough
Starts: 6:00 p.m. / Ends: 7 p.m.

Friday, October 19

The Glitch Mob w/ Elohim
State Theatre
609 Congress St, Portland
Starts: 8:00 p.m.

Saturday, October 20

Pumpkin Train
Maine Narrow Gauge Railroad Co. & Museum
58 Fore st, Bldg 6, Portland
Starts: 9:30 a.m. / Ends: 4 p.m.

Sunday, October 21

4th Annual Portland Lantern Walk
Deering Oaks
Starts: 5 p.m. / Ends: 8 p.m.



Want to submit an event?
arts@usmfreepress.org

Perspectives

Sobriety and the ‘college experience’

My journey of enjoying school parties without any alcohol

Cooper-John Trapp
Staff Writer & Copy Editor

Coming to college, I had two goals – to do well in my classes and to have the ‘college experience.’ For me, the college experience was inextricable from drinking. Parties were cool. Girls went to parties. Alcohol equaled liquid confidence. I feared that if I didn’t drink like a fish and do crazy s***, I would miss out on early adulthood’s defining rite of passage.

FOMO is the acronym for ‘fear of missing out’, and it has weighed on me ever since I started high school. I internalized every college stereotype ever told. With a smile of nostalgia or a twinkle of eagerness, my friends, older siblings and movies repeatedly reinforced stereotypes of drinking, partying, 2 a.m. all-nighters, and various shenanigans. My high school years I spent grinding through AP classes, student government, and National Honor Society. I sold my soul, desperately driven on by this dream of college.

It took living out my freshman year stumbling up the stairs to the fourth floor of Upton all the way through the end of spring semester to identify the empty, dissatisfied feeling that a party oft brought. Usually I dealt with that by drinking more and more until I passed out for the night – but not before wolfing down my survival snack pack from the twenty-four hour 7/11 down the road (bless those guys, honestly).

It’s hard for me to say this out loud, but it never was alcohol, dumb antics and brushes

with law (and bodily injury) that enraptured me. It was the cultural significance. It was approval, value and inclusion. Booze was our ticket stub. Our wrist stamp. Yes, we had been there. Yeah, we threw down last night. To talk about alcohol in college is to touch upon this sacred institution of American youth.

It is a deep urge, this yearning for intimacy and belonging we seek. Alcohol lowers the barrier by which we allow ourselves to engage with that desire. I believe that for men especially, we mask those urges by bonding over something, as to not put the emphasis on people.

There is another side to this beverage of fermented plants, the numbing of emotional pain, that brings one to the bottle. Of this I am well-acquainted. But, that is a story for another time.

Back to the point – booze is a means to an end. Too have fun in college and not imbibe requires that understanding.

Thus, to live out the college experience (be what that may be to you): figure out what it is you want most from drinking, and find another way to get it.

To get there, you will have face FOMO. To overcome it, I have decided, requires working from the inside, and out. Internally, I had to understand why I felt this way about drinking in college and try to achieve what I truly feared ‘missing out’ through other means. And, externally, to protect against judgement, I had to learn how to still partake in classic ‘college’ activities like partying, but on my own terms.



Berkeley Elias / Lead Photographer

I went to parties – with non-alcoholic beer. Flirted with danger – but didn’t break any (too many) laws. We went ‘crazy’ – but chose how far we took it.

Some of the most impacting moments of male bonding happen under times of mutual reliance and shared identity. It’s when you get each other, and face the world together. Its feeling understood, empowered, and alive.

How to get there?

Be honest with those close to you. Painfully so.

Join people that you can build relationships with. Sports clubs. Greek chapters. Support groups. Residence halls.

This will help you find your people. Living as someone we’re not, because we’re scared,

represses our genuine human needs and ability to find kindred souls.

Try to keep these goals close to heart in day to day living. Love, acceptance, validation, and security is what we crave, deep down inside. And yes, feeling high on life is a real thing.

I had my last drink July 13, 2018. The personal journey I now undertake is to relearn how to do ‘college,’ and to have these experiences, sober. This is a much less complete list than I had hoped to share. When I think of more insightful things to say, I’ll be back.

Now put your (non-alcoholic) drinks in the air and say cheers – to the college experience, done on your terms.

FP

Guest Editorial

Collins’ handling of Kavanaugh nomination “sickening”

Anthony Emerson
USM ‘19

On Feb. 9, 1950, Maine Senator Margaret Chase Smith — at the time the only woman in the United States Senate and one of just a handful in any political office nationwide — stood in front of the United States Senate and delivered a speech decrying the system of witch hunts perpetuated by the House Un-American Activities Committee and the

Army-McCarthy Hearings. She stood up to Joseph McCarthy, and the popular sentiment in their Republican Party, against blacklisting and in favor of the inalienable right to protest and to hold unpopular beliefs. It would be remembered as the Declaration of Conscience speech.

On July 25, 1974, Maine Congressman William Cohen — at the time, only a freshman in Congress — delivered the opening statement of the House Judiciary Committee just prior to the Committee considering articles of im-

peachment against President Richard Nixon. Cohen and Nixon were both Republicans. He was one of the first Republicans to break with Nixon, and he nearly paid the price for it, telling the Portland Press Herald in 2017 that he had thousands of letters arriving at his office from Republicans declaring they would never support him again. Cohen stated “I said, ‘I came here to do the right thing, and so be it.’”

Faced with a similar opportunity as Cohen and Chase Smith to break away from her party, Senator Susan Collins instead chose to

follow party lines. Collins has always said she looked up to Chase Smith, who was the first woman ever elected to high office in Maine. Collins also served as an aide to then Congressman Cohen and ran for his Senate seat when he retired in 1996.

The vote on Brett Kavanaugh, accused of sexual harassment or assault by three women and displaying an arrogant and petty personality during testimony in front of the Senate

See **COLLINS** on page 14

From **COLLINS** on page 13
Judiciary Committee, was her Watergate moment. It was a chance for her Declaration of Conscience.

Instead it was a Declaration of Cowardice. In an agonizing 45-minute speech on the Senate floor, Collins announced that she would be voting to promote Kavanaugh to the Supreme Court. Following months of lobbying by activists, reports that her staff were not taking down calls to her office and a crowdfunding effort that raised at the time of the vote over \$2.5 million for a potential Democratic challenger to her seat, Mainers finally had their answer.

Collins's handling of the Kavanaugh nomination has been sickening. When the FBI investigation was hamstrung by the White House, Collins remained silent. When the report on that investigation was released, Col-

lins called it "very thorough," even though the FBI did not interview Kavanaugh, his accusers or other witnesses. And, most despicably, she repeatedly refused to meet with Maine women who are survivors of sexual assault.

In her speech on the Senate floor, Collins denounced "special interests" organizing against Kavanaugh's nomination. She then proceeded to pick apart the story of attempted rape delivered to the Senate by Dr. Christine Blasey Ford, apparently believing that "something" had happened to Dr. Ford, but that she did not believe that her attacker had been Kavanaugh. She ignored Kavanaugh's rambling and unhinged testimony when confronted with the allegations, neglecting to mention the thinly veiled threat Kavanaugh issued that "what goes around comes around" and his blaming all the allegations as falsehoods peddled from "the Clintons" as "revenge."

He insulted one of Collins's fellow Senators, acting like a petulant child when Minnesota Senator Amy Klobuchar asked Kavanaugh if he'd ever gotten so drunk that he blacked out. "I don't know, have you?" he shot back to Klobuchar. Klobuchar's father was a violent alcoholic.

Kavanaugh's testimony wasn't even referenced in Collins's speech.

Hawaii Senator Mazie Hirono called Collins's speech "insulting" to survivors, noting that one of the things Dr. Ford remembered with 100 percent certainty was that it was Kavanaugh who attacked her and that Dr. Ford told her husband and therapist that Kavanaugh attacked her six years prior to his nomination to the Supreme Court. As someone who listened to the speech in the presence of dozens of survivors, I would certainly agree with Hirono's characterization. During an in-

terview with 60 Minutes, she doubled-down, stating that she believes "someone" attacked Dr. Ford, but that Dr. Ford was "mistaken" in saying that it was Kavanaugh.

Her handling of the aftermath of Kavanaugh's confirmation has been shameful. When faced with a potential electoral challenge from former Ambassador to the United Nations Susan Rice, Collins said that Rice "pleaded with [her]" to introduce her to the Senate prior to her confirmation. Later, she scrubbed a press release praising Rice from her website.

Senator Collins had a chance to live up to the legacies of her mentor and her idol. Instead, Mainers received feet-dragging, avoidance, and, justifications. None of this is becoming conduct for a Senator. And Mainers deserve a better one come 2020.

Letter to the editor

Calling the left a church is a step backwards

Alexander Holderith
USM '20

In the Sept. 24 edition of The Free Press, I read the article called "Beneath the (Godless) steeple: How the left is a church," and being one of the many quiet conservatives on campus, I took interest. Like any engaged republican, I had seen this idea before in many right leaning publications. At the core of the argument is the idea that, as the author of The Free Press perspective piece puts it, "...the secular left does, in fact, occupy a pew of its own - the pew inside the Church of the Secular Left."

This premise has been kicking around on

the internet for some time now, but it made profound strides following the intensely negative reaction of many progressives to the results of the 2016 election. But even before the election, an April 3, 2015 National Review article titled "The Church of the Left," espoused similar views to the ones expressed in the piece written by Mr. Hoffman: "...because institutions, unlike individuals, are creatures of the law and our law already has a religion: progressive liberalism," the National Review piece claimed. Articles like these, in addition to the ascent of popular conservative figures such as podcast host, author and YouTube sidebar sensation Ben Shapiro and author and

professor of psychology Jordan Peterson, have given this idea credence. The idea is simple: in the vacuum of religion, secular progressive dogma rushes in.

Do I think this idea is correct? I don't know. I don't think I'm qualified to answer; I'm not a psychologist or a political theorist. However, I do know that this idea presents a question to all of us conservatives: "So?"

Mr. Hoffman's article fails in the same way that similar articles have before it: It presents a critique of the other sides extreme and shuts the book as if that's all there is to say. "But the far left is dogmatic!" How then is this different from every other critique I've read of the evil

progressive left? What will this change? How will this affect the way I treat other people in any way but a negative one?

Who cares if they resemble church? Let them worship! It is not our responsibility to stop them. When did they start listening to republicans anyway? If we can contend that we are Americans before any political ideology, our political situation can improve. It is OUR responsibility to shake their hands, be their friends and share this country with them, whether they like it or not.

There is nothing more powerful than a little bit of decency; our country could do with a hell of a lot more.

Dear Editor,

SUBMIT
YOUR
LETTER
TO THE
EDITOR!

EMAIL TO
EDITOR@USMFREEPRESS.ORG

Sincerely,
Your Name Here



Sustainability and ME

Helping Mainers keep warm through energy efficiency: Americorps project

Free window inserts to reduce the amount of energy used to heat homes

Leah Soloway
Americorps Energy
Efficiency Coordinator

With the winter fast approaching and the colder temperatures among us, many Mainers feel the pressure of their upcoming heating bills. As a recent college student with experience renting an apartment along the coast, this situation is all too familiar. I can remember the cold nights that my roommates and I experienced due to our apprehensiveness of adding heat to our utility costs. It was not until a Saturday in Mid-November that we decided that we couldn't wait any longer. We had taken too many showers where our hair wouldn't dry, woken up cold too many times from underneath layers of blankets and were unable to focus studying from feeling an uncomfortable chill. Once we turned on the heat, we started to feel a lot better, but our bank accounts and the environment took the hit.

This experience last winter as well as my education in sustainability has motivated me to spearhead an AmeriCorps project at USM with the USM Office of Sustainability. Our efforts on campus and in the communities are particularly designed to increase energy efficiency and our first project will accomplish this through weatherization services. Energy efficiency is a term used to describe reducing the amount of energy lost when it is consumed, and as we know in Maine, we consume a lot of energy for heat!

Free Window-Insert AmeriCorps Project

Our first AmeriCorps project in the community is offering free window inserts that will directly reduce the amount of energy used for heat. For households that qualify for

any type of government assistance, they can receive free window inserts that will help insulate their homes this winter. The window inserts are easily placed on the inside of the window and cause no damage. They are for both homeowners and renters, and renters do not need approval by the landlord to use window-inserts.

The Win-Win-Win Scenario

The project addresses the 3 pillars of sustainability: economic, environmental and social sustainability. It is an exceptional project that will help families save on heating costs, reduce the amount of carbon emitted into the atmosphere and keep people warmer this winter. According to the Maslow's Hierarchy of Needs, if people do not have their physiological needs met such as warmth, it can have a ripple effect on their health and ability to be economically stable. We must also decrease the amount of energy consumed to combat the hidden costs that pollution has on human health. By improving each of the 3 pillars simultaneously, we ensure that our solution is sustainable and we can make the most long-lasting impact for both environmental and human health.

AmeriCorps at USM's Office of Sustainability

USM is one of six Maine colleges hosting the AmeriCorps program, The Maine Partnership for Environmental Stewardship, coordinated through Maine Campus Compact, that will help foster more energy efficient practices within our local communities.

If you or someone you know would like to receive free inserts, they can contact me at leah.soloway@maine.edu or call 207-699-6803.

FP



WORKING ON WELLNESS

You are more than your academics

Encouraging students to focus on personal needs

Malinda Scannell
Nurse Practitioner

How are you prioritizing your own needs while attending university?

Are you getting enough sleep? Experts say seven to nine hours of sleep is recommended for allowing your body to restore itself. Regular adequate sleep is one of the best defenses to ward off sickness and is more powerful than vitamins, exercise and handwashing.

What are you doing for activity? Some form of daily exercise is ideal. You don't have to go to the gym. Simply walking or hiking for 30 minutes at one time is beneficial for not only your physical, but also your mental health.

Are you drinking enough water? Experts recommend six to eight eight-ounce glasses of water over the course of one day. This does not include tea or coffee, because these beverages cause you to pee off fluid and are dehydrating.

Do you skip meals? Busy lives and stress can cause us to rush through our day, causing us to skip meals or eat on the go. Eating within one hour after awakening is important for fueling our brains after the night's fast. Ideas for on the go nutritious snacks are trail mix, fresh or dried fruit, veggies (carrots, cucumbers, bell peppers, celery) and hummus, single serving yogurt, string cheese, almonds and peanut butter.

Free options in the cafeteria.... Heaven or @#%*? Be mindful of not over consuming foods in the cafeteria. Too much pasta, pizza, French fries, ice cream and sugary drinks can weigh us down. Visualize a healthy plate. Ask yourself, how colorful is my plate? A healthy plate provides lots of color; half is vegetables and fruit, a quarter is protein (chicken, beef, tofu) and a quarter is bread or pasta.

Take a check of your personal hygiene.

Regular showers are important to good hygiene. Daily tooth brushing is critical for prevention of dental problems.

Stress. Who needs it? Unfortunately, it happens. Some stress can actually be good for you. Most important is managing your stress so it does not become chronic and pull you down.

How do you manage your stress?

Taking daily action to manage stress is critical to one's health and academic success. Signs of stress can be eating unhealthy foods, especially when you are not hungry (emotional eating); difficulty sleeping (falling asleep, staying asleep and/or waking up early) and not feeling rested; unsettled digestive problems or stomach aches; headaches; excessive sweating; feeling irritable; experiencing sadness, loneliness or isolation; feeling worried all the time; substance misuse; smoking; neglecting yourself; and missing classes.

Assessing your stress on a daily basis and having a plan to decrease stressors will diminish their impact.

Are you connected? Making friends can be hard. Get involved with events and clubs on campus. Connect by disconnecting from your screens- phones, computers and TV.

Reach out and meet others with real face to face time.

Remember every door at USM is open to help you.

Put yourself first! Self-care is a very important component to well-being and your success as a student.

Need help with any of these self-care tips?

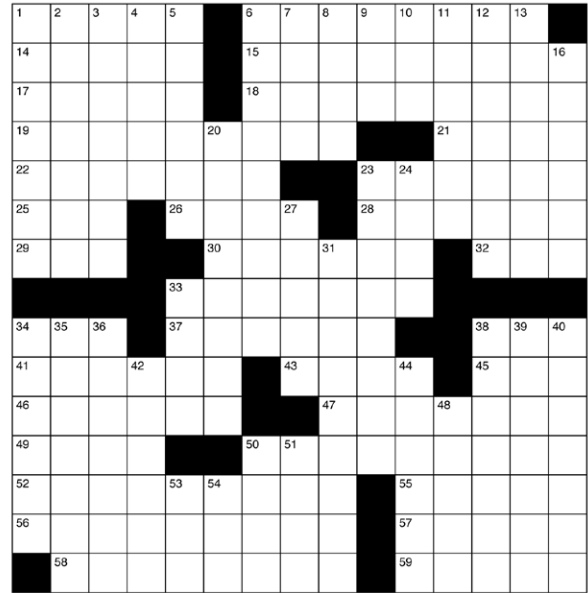
The staff at University Health and Counseling can assist in guiding you.

Contact us on the Gorham or Portland campuses. Phone: 207-780-5411.

FP

Crossword

- Across**
- 1. Members of a branch of Islam
 - 6. Counts and such
 - 14. Constricting
 - 15. Binds
 - 17. Nighttime breathing disorder
 - 18. Passing maneuver, in auto racing
 - 19. Stadium attendee with face paint
 - 21. French film
 - 22. Leading lady
 - 23. Prius, e.g.
 - 25. Ending for Japan or Siam
 - 26. Autos
 - 28. Write with symbols
 - 29. Part of EST (abbr.)
 - 30. Like immediately
 - 32. Zodiacal roarer
 - 33. Measure of a vocalist's range, sometimes
 - 34. Takes too much (abbr.)
 - 37. India neighbor
 - 38. Writer Rand
 - 41. Clinton press secretary Myers
 - 43. "The NeverEnding Story" writer
 - 45. Poor grade
 - 46. Embassy figures
 - 47. Sign of a correction
 - 49. "Leave it be," to a proofer
 - 50. Upset
 - 52. Dacron, e.g.
 - 55. Italian white wine
 - 56. Not fond of those in ivory towers
 - 57. It may have a cross to bear
 - 58. Mask necessities, usually
 - 59. High school years



- Down**
- 1. Squirrels away
 - 2. Maximally cool
 - 3. Didn't pay attention to
 - 4. "Holding Out for ____" (1984 Bonnie Tyler hit)
 - 5. It's often heard during storms
 - 6. First vampire film
 - 7. Syllables before "di" or "da" in a Beatles song
 - 8. Crêpe cousin
 - 9. Author Carter or Yutang
 - 10. Challah ingredient
 - 11. Smokey Bear, for one
 - 12. Honorable
 - 13. Infant
 - 16. Hi-fi successor
 - 20. Steals
 - 23. Double ____
 - 24. Emulates a dove
 - 27. Go like Dorothy Hamill
 - 31. Fades away
 - 33. Word stricken from some marriage vows
 - 34. Ukrainian port
 - 35. Gum brand
 - 36. Nina Simone's age when she passer away in 2003
 - 38. Overdo the flattery
 - 39. Armenian capital
 - 40. Underprivileged ones
 - 42. Singer West
 - 44. Causes agita
 - 48. Fur scarf
 - 50. Power co.
 - 51. Period after dark, in ads
 - 53. Snicker sound
 - 54. "Don't Bring Me Down" group

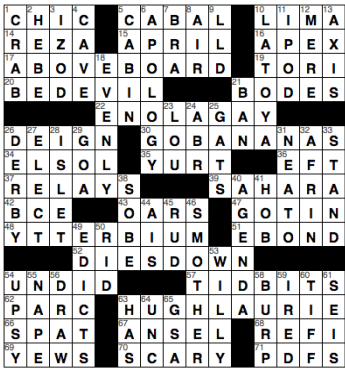
Cryptogram

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

ML V LMPWCJJ GCWPCD ZCDC FBMIP XW
V IVWKLMI, ZXBK MP FC GVIICK "JXIMK
ZVMJP?"

And here is your hint:
F = B

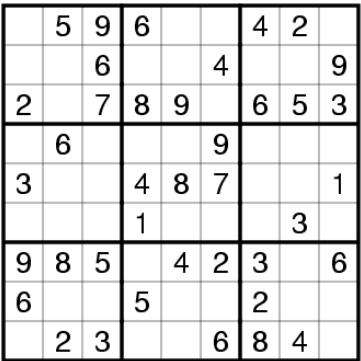
The solution to last issue's crossword



Sudoku

Level of difficulty: Easy

The object of a sudoku is to fill in the remaining squares so that every row, every column, and every 3 × 3 box contains each of the numbers from 1 to 9 exactly once.



Word Search

Theme: Dog Breeds



- akita
- beagle
- boxer
- bulldog
- collie
- eskimo
- hound
- husky
- maltese
- mastiff
- pitbull
- poodle
- pug
- retriever
- setter
- shepherd
- spaniel
- terrier

Horoscopes

Aries (March 21 - April 19)

Success and winning feel vital today. Don't fight with the ones around you; set up other kinds of contests.

Leo (July 23 - August 22)

Doing things with friends is highlighted today. Flexibility allows you (and family members also) to have a good time.

Sagittarius (November 22 - December 21)

You're inclined to be too hard on yourself today. Nobody's perfect. Give yourself a break.

Taurus (April 20 - May 20)

Input or assistance from friends or family can be helpful at work today. A minor change or reorganization pays major dividends.

Virgo (August 23 - September 22)

Sharing ideas with friends and exchanging information is a good use of your mental talents. You're more casual and carefree than usual.

Capricorn (December 22 - January 19)

Don't make your job today into a struggle between concentrated focus and carefree versatility. Allocate time and space for both.

Gemini (May 21 - June 20)

Today you are balancing stability and change on the job. Vary your routines a bit, but take care of essential duties.

Libra (September 23 - October 22)

Today you feel ambivalent because half of you wants to be cautious and save, while the other half wants to spend money.

Aquarius (January 20 - February 18)

Passions are high today--on all fronts. Channel forceful, pushy behavior toward solving problems rather than creating conflicts.

Cancer (June 21 - July 22)

A small, unexpected gift brightens your day. Generosity on your part gratifies a loved one.

Scorpio (October 23 - November 21)

Today your feelings will range from very lighthearted and casual to very serious and almost stern. Choose your playful moments wisely.

Pisces (February 19 - March 20)

A "too good to be true" offer comes your way. Don't believe it!

USM Community Page

The shortest distance between two points

How students can save time when running late to class

Asha Tompkins
Community Editor
Hailey Wood
Staff Writer

During the season of pulling all-nighters in order to prepare for the next day, it's likely that people have run late to a class or two on the Portland campus. However, these instances of running late may be due to the time they spend walking from their modes of transportation to classrooms. The routes people choose to take have an impact on the concept of traveling as well as an impact on people's mindsets about traveling.

For example, would a person usually consider cutting



Asha Tompkins / Community Editor

Cut across the parking lot in front of Maserton Hall and make a bee-line towards the gymnasium. Do the same from the science building to get to the Woodbury Campus Center.

across a parking lot through a bunch of motionless cars in order to get to Woodbury Campus Center faster from Payson Smith versus taking a sidewalk? It's unlikely, but it would save time.

In taking notice of one's surrounding areas, easier methods of moving through spaces become more prominent. The lawn between Luther Bonney Hall and Payson Smith has sidewalks looping around trees and signs in order to reach both ends of the lawn, however, it's not the fastest route. It's about as fast as walking around the entire perimeter of a square in order to reach the bottom left corner.

Maybe you don't have a car, maybe you want to save



Asha Tompkins / Community Editor

Cut straight across from Woodbury Campus Center to get to the side entrance of the parking garage. Likewise from Maserton Hall.



Asha Tompkins / Community Editor

Cut across the lawn behind Luther Bonney Hall for a quick entrance to Payson Smith.

money on gas, or maybe you just like to take walks, either way, the closeness of the USM Gorham campus to downtown Gorham makes it easy to acquire all your needs on foot. If you follow the road out of campus next to Bailey Hall and take a left onto College Avenue you can continue down that road towards School Street. Taking a right onto School Street will lead you to numerous places to grab a bite to eat: MK Kitchen, The Blue Pig Diner, Amato's and



Asha Tompkins / Community Editor

Cut across the grass next to the Luther Bonney Hall side-walk for a quicker route to the science building.

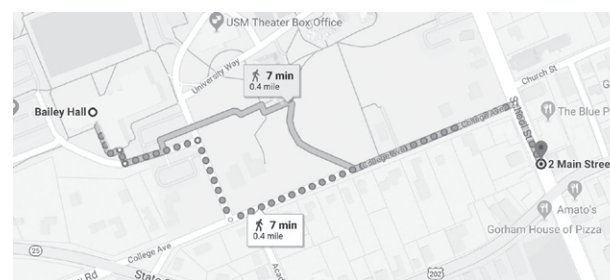


Photo courtesy of Google Maps

An easy route from Bailey Hall on the Gorham campus towards local eateries and stores.

Gorham House Of Pizza. From there you can take a walk down mainstreet which leads you to Goodwill, Hannaford, and other restaurants and coffee stops.

Regardless of which route an individual chooses, it may be interesting to note that most people choose to use sidewalks that are planted in the ground--a surface that is already made to walk on-- in order to arrive at a location. Perhaps movement is accomplished in that way because it has become a social construct: adhering to the sidewalks. This, however, is food for thought, as there are few who visibly take the paths less traveled.

People of USM Elizabeth Glaser

Melissa Fraser
Staff Writer

Elizabeth Glaser is a successful entrepreneur, single mother and returning student to USM. As a woman over the age of thirty, she represents a modest percentage of the current undergraduate student demographic.

As most adults returning to school after reaching a crossroads in their life or career, she is looking to pursue what inspires and drives her. With a strong mix of formal education and professional experience, she has learned what it takes to balance life and succeed as an adult student.

In her twenties and thirties a desire of autonomy and independence kept her on the move from upstate New York all the way to Newport Beach, California and Las Vegas, Nevada. With each new location came a new university to attend; a year at George Washington University, a semester at University of Birmingham and now USM.

Glaser has spent her adult life navigating the challenges of part-time enrollment as a student and a rapidly growing career. Professionally she has explored various roles in the fitness industry, business management, marketing and advertising.

It was during her time in Las Vegas that her daughter was born. Glaser made it a personal goal of her own to move back east to New England, where her family is from, by the time that her daughter would be attending school.

Determined, she made it happen and almost immediately she landed a job as an account executive in advertising for WGME 13 and FOX 23.

Her most recent professional accomplishment has been building her own business as a co-owner of a local branding and advertising agency, Dirigo Collective. Servicing clients such as Sebago Brewing Co, MaineHealth and Maine Energy Facts, they provide multimedia marketing through data and analytics, social management and media planning.

The transition from work life to school life has not been easy, Glaser admits. Quickly she learned that time management would be the key to her success, blocking off two hours chunks of time after class to complete assignments and study. Although it took a few weeks for her to regain her footing as a student, it has been a welcomed change in her life.

Glaser also finds balance through her focus on physical and mental health. A morning workout is part of her daily ritual, giving her fuel and feeding her soul, she explains. She also wants to provide a positive message to her daughter that it's important to care for and respect your body and mind.



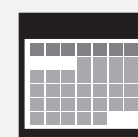
Melissa Fraser / Staff Writer

Junior Elizabeth Glaser taking notes in her Marine Biology lecture.

She has now taken a few steps back from the demanding lifestyle that comes with running your own business to pursue furthering her education. With ample credits accrued from various universities, Glaser has a wide variety of options for her future as a student at USM. Although she has a strong foundation in business management and marketing, she is ready to shift her focus of study of psychology; a life long dream.

Glaser now aspires to be a high school guidance counselor or principal. Her goal is to bridge the gap between faculty and students, creating a safe and trusting environment for today's youth during those challenging years.

"I didn't feel that I had a safe spot, a person, a complete trustworthy line of connection to someone [faculty]," said Glaser. "I hope that I could provide that."



Community Events

Tuesday, October 16

Find Your Flock: Parenting Discussions with Birth Roots

The Children's Museum and Theatre of Maine,
142 Free St., Portland
Starts: 10 a.m.
Ends: 10:30 a.m.

Thursday, October 18

A Taste of Maine's Beer History

Maine Historical Society
489 Congress St., Portland
Starts: 6 p.m.
Ends: 8 p.m.

Saturday, October 20

2018 Great Portland Energy Expo

USM Abromson Community Education Center
88 Bedford St., Portland
Starts: 10 a.m.
Ends: 2 p.m.

Saturday, October 20

Pumpkin Train

Maine Narrow Gauge Railroad Co. & Museum
58 Fore St., Portland
Starts: 9:30 a.m.
Ends: 4 p.m.

Saturday, October 20

Old Port Historic Walking Tour – Final Walking Tour Of The Season

Monument Square, Monument
Square, Portland
Starts: 11 a.m.
Ends: 12:30 p.m.

Saturday, October 20

Your Second Act Maine: A Conference for Boomers In Transition

Pavilion Lounge at UNE Portland
Campus, 716 Stevens Ave.
Starts: 7:30 a.m.
Ends: 4:30 p.m.

Want us to include your event?
community@usmfreepress.org

Sports

Tuesday

Women's Soccer

vs. Maine Maritime
at 3:30 pm

Tuesday

Men's Soccer

vs. St. Joseph's
(ME) at 7:00 pm

Wednesday

Field Hockey

vs. Plymouth
State at 4:00 pm

Saturday

Men's Soccer

vs. Eastern Conn.
St. at 1:00 pm

Saturday

Field Hockey

at Castleton
at 4:00 pm

The daily routine of student athletes at USM

How they balance work, academics and their sport

Cullen McIntyre
Staff Writer

Being a college student athlete means balancing a heavier workload of both school and sport responsibilities. After speaking to two student athletes, Alexandria Allain (First Year, Women's Soccer) and Britney Evangelista (Fourth Year, Women's Ice Hockey), I got a better understanding of the life of a student athlete.

Allain, a freshman nursing major living on campus in Anderson Hall, schedules her daily routine around her busy soccer schedule.

"My typical daily routine starts when I wake up, if it's during the week I go to classes, and then plan the rest of my day around my soccer schedule," Allain said. "If I have practices they are early in the day and if it's gameday then I miss some of my classes."

Though for Evangelista, a senior biology major, who lives off-campus in Portland, her daily routine is different.

"Typically now that we're in season, I wake up and since I live in Portland I get up around 5:45 a.m. and try to make a quick breakfast and try to get a workout in at some point in the day," Evangelista said.

As an athlete, the day revolves around practices, but they also a need to find time to get homework done and make it to every class.

"On days when I have games, like tomorrow when I play at Keene State, I miss all of my classes. You just have to talk to your professors and make sure they're okay with it," Allain

said. "Being a student athlete can be very overwhelming, especially when you have exams. You may come back from practices or games and you have to cram for an exam," she added.

Evangelista said that she enjoys the pressure of being a college student and athlete.

"I really like it. It keeps me in a routine," Evangelista said. "This is my fourth year doing it so I don't know if I would be as motivated to do school work if I didn't have hockey because I'm working towards something. It helps me out."

As a senior, Evangelista is currently doing a lot of research outside of her normal school work in the biology lab which she also has to commit a lot of time to.

"Since I'm in my senior year I have a lot of work so I do research in the biology department," Evangelista said. "I do a lot of outside school work and work itself. It gets challenging, but you just reminding yourself that it will all work out and take it day by day."

Athletes spend a lot of time at practices and with their teams. For Evangelista, she spends most of her days with her team both practicing and workout out.

"We spend about two hours on the ice, probably another hour in a half to two hours in the gym" Evangelista said.

The same also applies for Allain, who said, "I spend typically probably two hours a day playing soccer, but altogether you spend a lot of time with the team. Today I had practice at 8 p.m., but I had to be there and be ready to warm-up at 7:45 p.m. so we have to be in the locker room about 30 minutes prior. And after that we had a team meeting after, so we spend a lot of time together throughout the day."



Photo Courtesy of USM Photos

Alexandria Allain, a freshman nursing major and soccer player at USM.



Photo Courtesy of USM Photos

Brittany Evangelista, a senior biology major and hockey player, enjoys the busy schedule of a student athlete.

As a freshman, Allain is required to do study table hours at either the Costello Sports Complex or at the library each week.

"We have to do four study table hours a week, along with trying to figure out your schedule and practice times, so it can be a lot," said Allain. As a senior, Evangelista is not required to do study table hours as it is only mandatory for freshman student athletes.

As student athletes are also college students, money can be a struggle. They may have to juggle work-study or other jobs for pay for school. As a student athlete, which is a major time commitment throughout the school year, it can be tough to also work at the same time.

"Trying to find a job is a struggle," said Allain, "Obviously being a typical broke college student, but you can't work throughout the week so it's been pretty difficult."

Student athletes commit a lot of time to the sport they love, while also balancing the life of a college student. Though it is challenging, they are getting to follow their passion and compete at the collegiate level for their sport. Hard work and dedication is what drives these athletes, but they also are supported by the USM Athletic Department and the community around them.

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SOMEONE TO DELIVER OUR PAPERS WEEKLY**



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